

**Program Goal:** Improve the overall functional fitness and well-being of older adults wishing to maintain and/or improve their physical functioning and stay socially connected.

**Program Format:** EnhanceFitness focuses on cardiovascular exercise, strength training, balance, and flexibility. Participants will experience: a 5-minute warm-up, a 20-minute aerobics workout, or a walking workout to class chosen lively music, a 20-minute strength training workout with soft ankle and wrist weights, 10-minute stretching workout, balance exercises throughout the class, and a 5-minute cool-down.

These ongoing classes are appropriate for near frail to more active adults with exercises adapted for those who are more frail. The class is led by a certified fitness instructor who also completes a 12 hour training reviewing and conducting the class exercises. Class sizes depend on available space but are never larger than 25. Typical class sizes range from 12 to 15 participants.

**Program Development:** This program managed by Sound Generations (Seattle, WA) in collaboration with the University of Washington Health Promotion Research Center, has demonstrated measurable results. The pilot study began in 1993 at Northshore Senior Center in Bothell, WA and the response from participants was overwhelmingly positive. Even before the pilot study ended, participants were requesting to use the program as a permanent exercise activity at the center.

**Program Results:** Results from the original study showed that participants had:

- 13% improvement in social function\*
- 52% improvement in depression\*
- 35% improvement in physical functioning\*

A 2013 retrospective study (\*\*) found that: EF participation was associated with an estimated total medical cost savings of \$945. A 2015 study Group Health Research Institute Study (\*\*\*) found that EnhanceFitness participation was associated with a reduced risk of falls resulting in medical care. Consistent use of EF was associated with the greatest reduction in risk of a medical fall, lowering risk by 20% to 30%.

**Program Alignment:** Aligns with Results Washington Goal 4: Healthy & Safe Communities, Supported People, Quality of Life 3.2 to “Increase the percentage of long-term service and support clients served in home and community-based settings”. Healthcare Authority’s Common Measures: #59- Falls with injury and #55- Potentially Avoidable Use of Emergency Department.

*Find out more: [www.projectenhance.org/EnhanceFitness.aspx](http://www.projectenhance.org/EnhanceFitness.aspx)*

*Key Words: physical activity, group setting, self-management, health promotion*



*It gives me something to look forward to. The exercises strengthen my limbs, I'm more active, I feel better, I'm not just lying around the house. “*



*Transforming lives*

Belza B., Snyder S., Thompson M., LoGerfo J. (2010). From Research to Practice: EnhanceFitness, an Innovative Community-Based Senior Exercise Program. *Topics in Geriatric Rehabilitation*, 26(4), 299-309.

\*\*Report to Congress: The Center for Medicare and Medicaid Services' Evaluation of Community-Based Wellness and Prevention Programs under Section 4202 (b) of the Affordable Care Act, September 30, 2013

\*\*\* Greenwood-Hickman MA, Rosenberg DE, Phelan EA, Fitzpatrick AL. (2015) Participation in Older Adult Physical Activity Programs and Risk for Falls Requiring Medical Care, Washington State, 2005–2011. *Prev Chronic Dis* 2015;12:140574.